

Claims:

1. Device for damping the relative motion between two bodies which can move relative to one another, especially between two parts of a pole (20), preferably between the handle (24) and the rod (22) of the pole (20), characterized in that there is a gas compression spring and a helical compression spring (17) between the bodies which can move relative to one another.

2. Device as claimed in claim 1, wherein a rod-shaped body (5) is held with its lower end in a tube (3) closed on one side, and wherein on its end in which the tube (3) is held there is a seal (13) between the rod-shaped body (5) and tube (3), which seal is activated by pressure on the rod-shaped body (5) in the direction of displacement into the tube (3).

3. Device as claimed in claim 2, wherein the helical compression spring (17) is clamped between the end of the rod-shaped body (5) held in the tube (3) and the bottom (19) of the tube (3).

4. Device as claimed in claim 2 or 3, wherein on the end of the rod-shaped body (5) held in the tube (3) there is an insert (13) of elastic material on which the helical compression spring (17) is supported via an intermediate disk (15) which can move relative to the rod-shaped body (5).

5. Device as claimed in one of claims 2 to 4, wherein there is a ring-shaped end stop (9) on the rod-shaped body (5) outside its part held in the tube (3).

6. Device as claimed in claim 5, wherein there is an end stop damper (11) on the open end of the tube (3).

7. Device as claimed in claim 6, wherein when the rod-shaped body (5) is pushed into

the tube (3) the ring-shaped end stop (9) adjoins the end stop damper (11) and clamps it between the open end of the tube (3) and the end stop (9)

8. Device as claimed in one of claims 1 to 7, wherein the tube (3) is the pole tube (22) of an (athletic) pole 20.

9. Device as claimed in one of claims 1 to 7, wherein the tube (3) is located between the pole tube (22) of an (athletic) pole 20.

10. Device as claimed in claim 9, wherein the rod-shaped body (5) of the damping device (1) is coupled to the handle-side part (26) of a pole tube (22) consisting of two parts (26, 28) which can be telescoped into one another.

11. Device as claimed in claim 10, wherein the coupling (32) between the rod-shaped body (5) and the part (26) of the pole tube (22) can be released.